

ABSTRACT OF THE DISCLOSURE

A modular cushioned insole support system that comprises a plurality of forefoot pieces, each having a dorsally disposed tongue capable of being disposed within a corresponding channel formed in each of a plurality of heel pieces, and optionally a heel cup disposed underneath the heel piece such that the heel piece is supported by the heel cup. The universal tongue-and-channel construction of each forefoot and heel piece enables selection by the user of the desired combination from the respective pluralities of forefoot and heel pieces. The forefoot pieces optimally vary in their construction to have certain sizing and differing cushioning effects. Similarly, the heel pieces optimally vary in their construction to have different alignment, cushioning, and/or anti-pronation effects.